

PE name challenge!

Write down each letter from your name and the movements that go with it. If you are feeling super fit, do this for your first, middle and surnames! You could even work with the others in your house and do **BOTH** of your names together!

- A – Jump up and down 10 times
- B – 20 seconds of bicycle crunches
- C – Hop on one foot 5 times
- D – Run to the nearest door and back
- E – Hop on 1 leg around the room
- F – Squat and stand 10 times
- G – 10 jumping jacks
- H – Hop like a frog 8 times
- I – Balance on your left foot for the count of 10
- J – Pretend to pedal a bike with your arms for 20 seconds
- K – 8 burpees
- L – Pretend to skip with a rope for 20 seconds
- M – 30 air punches
- N – Plank hold for as long as you can
- O – 20 sit ups
- P – Walk sideways for 10 steps and back
- Q – Stomp around like an elephant for 10 seconds
- R – Bend and touch your toes twenty times

S – Roll a ball using only your head

T – 10 push ups

U – Balance on your right foot for the count of 10

V – Jog on the spot for 20 seconds, then speed up for another 10

W – High knees for 20 seconds

X – Bottom kicks for 30 seconds

Y – 10 lunges (on each leg!)

Z – March around the room like a soldier

CHALLENGE: Use these moves, or your own, to create a 10 move circuit for you and your family! You must include movements that will exercise your upper body, lower body and get your heart racing!

